

SIDMOUTH CELEBRATES

Slide and Climb

Join Tony Sarsby of Sidmouth Fit on Saturday 1st April 2023 for a fun Slide and Climb Fitness Hour (limited to 50 places)

Start from the Ham at 11am.

Entry fee £5 payable to A J Sarsby

Sort code: 60 02 05 account number 59051566. Name as reference please.

Name

Address.....

.....Post Code.....

Email Address.....Male / Female

Mobile number. Phone to be carried on the walk.....

Contact in case of Emergency. Name.....Mobile.....

I accept the hazards inherent in this event and acknowledge that I am entering this event at my own risk. I have sufficient fitness to take part in this event. I confirm that I am in good health and have no medical conditions that may cause undue concern or inconvenience to others.

I understand that the event is on public rights of way and the ground will be uneven and slippery at times, across shingle beaches and in the sea, and appropriate care needs to be taken. Make no mistake you are going to get wet.

I accept that neither Sidmouth Fit, the organiser, nor Sidmouth Running Club shall be liable to me for any injury, loss or damage of any nature to me or my property arising out of my participation in this event.

Signed.....

Date.....

Tick if you **do not** consent to the publication of photographs and video of the walk.

For further information please contact Tony on 07581 057128 or email ajspersonaltraining@outlook.com

Please return completed form to sidmouthrunningclub@gmail.com or 8 Moor View Close Sidmouth. EX10 9UP to secure your place.